



Fremont Multi-Service Senior Center
40086 Paseo Padre Parkway (at Lake Elizabeth)
Fremont, CA 94538
790-6600 • 494-4539 (T.T.Y.) •
www.fremont.gov



Lunch: 12 noon (daily)
Information Line: 790-6610 (Menu & Activities)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 10:00 Bingo! 10:00 Harmonica (Carlton Plaza) 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles 1:00 Hearing Test – (appt) 1:00 Painting Class 1:45 Interm Spanish 3:15 Adv Spanish (fee) 6-8:30 Caregivers Support	2 8:00 Yoga/Stretch 8:30 Senior Fitness 9:00 Softball Practice fld 2 9:30 Senior Fitness 8 - 1 Blood Pressure Screening 10:00 Creative Writing 10:30-3 Deaf Seniors 12:45 Los Amigos 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 2:00 Grief Support Group 3:00 Tai Chi (Beg) 4:00 Tai Chi (Adv)	3 8:15 Tai Chi 8:30 Walkers 8:40 Cholesterol Tests (appt) 9:00 Canasta 10:00 Bingo! 10:00 Current Events 12:30-2:30 Medicare Counseling (appt.) 1:00 Visually Impaired Computer Class 1:00 Pinochle & Canasta 1:00 Mah Jongg 7:00 Woodcarvers	4 8:30 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:30 Senior Fitness 10 – 3 Blood Pressure Screening 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Senior Center Singers 2:30 Dance, "Young at Heart" Band (\$3)	5 9:30-3 Washington on Wheels 8:15-12 55 Alive Class 8:30 Walkers 9:00 Pinochle 9:00 Canasta 9:00 Card games 10:00 Bridge 1:00 Chinese Club Movie 1:00 Pinochle & Canasta 1:30 Needlecrafts 2:00 Garden Club 2:00 Parkinson's & Art of Moving (fee) 3:00 Tai Chi
8 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9:00 Medicare Counseling (appt) 10:00 Harmonica (Carlton Plaza) 11:00 AARP Social Time 1:00 AARP Business Mtg 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles 1-4 Footcare-Tri-City appt 1:00 Painting Class 1:45 Interm Spanish 3:15 Adv Spanish (fee) 5:30 Winter Wonderland Dinner for Caregivers & Frail Seniors	9 8:00 Yoga/Stretch 8:30 Senior Fitness 9:00 Softball Practice fld 2 9:30 Senior Fitness 8 - 1 Blood Pressure Screening 10:00 Creative Writing 10:30 Indo-American Seniors 1:00 Legal Services for Seniors, Advance Health Care Directive Workshop 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 2:00 Grief Support Group 3:00 Tai Chi (Beg) 3:00 East Indian Seniors 4:00 Tai Chi (Adv)	10 8:15 Tai Chi 8:30 Walkers 9:00 Canasta 9:30 Band Practice 10:00 Current Events 12:45 Joy of Music, George Ryder, singer, presented by Home Instead Senior Care 1:00 Visually Impaired Computer Class 1:00 Pinochle & Canasta 1:00 Social Security (appt) 1:00 Mah Jongg 1:30 Afghan Women 2:00 Building Closed for Volunteer Tea 3:00 Volunteer Holiday Tea 7:00 Woodcarvers	11 8:30 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:30 Senior Fitness 10 – 3 Blood Pressure Screening 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Senior Center Singers 2:30 Dance, "Young at Heart" Band (\$3)	12 8:15-12 55 Alive Class 8:30 Walkers 9:00 Pinochle, Canasta & Card Games 10:00 Bridge 1:00 Pinochle & Canasta 1:30 Birthday Party! Entertainment by the Senior Center Singers & Irvington High School Singers 1:30 Needlecrafts 2:00 Parkinson's Disease & Art of Moving (fee) 3:00 Tai Chi
15 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 10:00 Bingo! 10:00 Harmonica (Carlton Plaza) 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles: 1:00 Painting Class 1:45 Interm Spanish 3:15 Adv Spanish (fee)	16 8:00 Yoga/Stretch 8:30 Senior Fitness 9:00 Softball Practice fld 2 9:30 Senior Fitness 8 - 1 Blood Pressure Screening 10:00 Creative Writing 10:30-3 Deaf Seniors 12:00 Special Holiday Lunch, \$5, \$6 & \$7 12:45 Crafts 1:00 Bridge 1:30 Holiday Dance, \$6 "The Classic Three" 1:45 Fremontaires 2:00 Grief Support	17 8:15 Tai Chi 8:30 Walkers 9:00 Canasta 10:00 Bingo! 10:00 Current Events 12:30-2:30 Medicare Counseling (appt) 1:00 Visually Impaired Computer Class 1:00 Pinochle & Canasta 1:00 Mah Jongg 7:00 Woodcarvers	18 8:30 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:30 Senior Fitness 10 – 3 Blood Pressure Screening 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Senior Center Singers 2:30 Dance, "Young at Heart" Band (\$3)	19 8:30 Walkers 9:00 Pinochle/ Canasta 9:00 Card Games 9:30 Dr Wood 10:00 Bridge 1:00 Aislin Middle School Singers Holiday Songs 1:00 Pinochle & Canasta 1:30 Needlecrafts 2:00 Parkinson's Disease & Art of Moving (fee) 3:30 Russian Club
22 8:30 Walkers 9:00 Grandparents & Grandchildren's Breakfast, Prince of Peace Handbell Choir, Santa Claus, Member \$5, Non-Member Sr. \$6 Children \$3 No lunch today! 9:00 Medicare Counseling (appt) 10:00 Harmonica (Carlton) 12:00 No lunch today 12:30 Games 7 – 9 Parkinsons Support	23 	24 Senior Center 	25 Closed for 	26 Holidays
29 Senior Center 	30 Closed for 	31 Holidays 	Jan. 1 Senior Center 	Jan. 2 Closed for Holidays